



June 27-29, 2014

Finger Lakes Community College

Canandaigua, NY

Becoming an Outdoors-Woman® is a workshop focused on learning outdoor skills - skills usually associated with hunting and fishing, but useful for many other outdoor pursuits. Designed for women, it is an opportunity for anyone 18 years of age or older, and is for you if.....

- You have never tried these activities, but have always wanted to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities, but would like to try new ones.
- You are looking for the camaraderie of like-minded individuals.
- You would like to become more self-sufficient.

You can earn a NYS Hunter Education Certificate or a Trapper Education Certificate as part of the workshop.
See insert for details. Specific classes and home study required.

Finger Lakes Community College is set on a 250-acre campus located in the Finger Lakes Region of NY approximately 28 miles southeast of Rochester. Easily accessible from the NYS Thruway (I-90), the campus is less than a 5 minute drive from the north end of Canandaigua Lake. Lodging will be in the college dorms (3 or 4 bedroom suites).

Registration, scholarship and workshop information are on a separate registration form.

If you would like more information, call (518) 402-8862 or (518) 402-8883,
email kjstang@gw.dec.state.ny.us , write to:

Becoming an Outdoors-Woman, 625 Broadway, 5th Floor, Albany, NY 12233-4754
or visit our website at <http://www.dec.ny.gov/education/68.html>

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New York State Becoming an Outdoors-Woman workshops are a cooperative venture of the New York State Department of Environmental Conservation and New York Outdoors Women, Inc.
For more information on New York Outdoors Women, Inc. go to www.nyoutdoorswomen.com

Please note: Registration materials for this workshop were completed and printed months before the actual workshop. Course content, class topics, instructors, evening programs, and program times may change. We may cancel individual classes due to low enrollment or instructor emergency. You will be given an updated agenda when you check in at the workshop.

Enrollment limit 120. Minimum age is 18 years old.
Register early for the best chance of getting in the workshop and getting the classes you want!

WORKSHOP SCHEDULE

Course size limits are indicated by number in parentheses.

✚ Course has a prerequisite. If you are signing up for a course that has a prerequisite (marked with ✚ after the course name) you must list your qualifying experience or course work in the space on the registration form or you will not be registered for that course.

Friday, June 27

10:00-11:30 am Check In and Registration

12:00 pm Lunch

1:00 pm Welcome

2:00-5:30 pm SESSION 1

1A. Beginning Rifle (12) You will learn gun safety, handling, shooting techniques and you will shoot .22 rifles.

1B. Basic Fishing Skills (16) You will be introduced to the equipment and skills necessary to enjoy fishing. Learn about fish, their habitats and behavior, selecting equipment, knot tying and basic fishing skills. You will not be fishing during this class. *This course is a prerequisite for anyone wishing to take course 3C (Lake Fishing).*

1C. Beginning Fly Tying (10) Wouldn't it be fun to catch a fish with a fly you tied yourself? You will construct your own flies to mimic those naturally found in waterways. This course teaches the basics of tying generic fly components.

1D. Kayaking (18) You will learn the basics of flat-water kayaking and will try out your new skills on the water. *This course is a prerequisite for anyone wishing to take course 4D (Next Step Kayaking).*

1E. Outdoor Survival Skills (16) No one ever thinks they will get lost in the woods, but if it happens you want to be prepared. Learn what goes into an outdoor survival kit, what to do (and not do) in a survival situation and how to get rescued.

1F. Reading Wildlife Sign – Classroom (20) This is an indoor class. With the use of slides, stories and actual specimens, you will learn how to identify tracks, scats and other signs of animal activity. Not only will you develop a greater appreciation for wildlife, but this class will also help you have a successful hunt or wildlife observation. *There is some overlap of material, but you can also take class 4J (Reading the Woods) to look for sign outdoors.*

1G. Trail Bicycling (6) Hop on your bike and feel like a kid again. Topics in this course will include types of trail bikes, bike fit, general maintenance, handling skills, and trail etiquette. You will learn and practice skills on an obstacle course (going over objects, turning, balancing) and go for a ride. All skill levels are welcome, but the ride may be physically challenging to some. **Participants in this course must bring their own trail bike (not a road bike) and helmet.**

1H. Beginning Airgun (6) Want to learn to shoot a gun but wary of the noise and "kick" associated with shotguns and rifles? Then this is the class for you. Airguns use compressed air to shoot small pellets so they are light, quiet and have no recoil "kick." Airguns are also an inexpensive way to practice your shooting skills even if you normally shoot other firearms.

1I. Beginning Canoeing (12) Students will learn the basics of safety, equipment and paddling, and will canoe on the water.

1J. Car Camping (12) Everything you need to know to pack the car, hit the road and then the woods. Learn what to do before you leave home, what to bring, how to pick a site, pitch the tent, set up your kitchen, start a fire, clean and store gear off season and more. You will even learn how to camp in your car!

1K. Build A Soda Can Stove (10) Soda can stoves have been called the cheapest, lightest, most reliable stove you'll ever carry and you can build one for yourself in this class! The stove is created from soda cans, burns inexpensive denatured alcohol and is super easy to use. This class is hands-on and requires the cutting of soda cans, punching tiny holes, gluing and assembly.

1L. Day Hiking (10) Turn off the computer, TV and cell phone and start hiking! Perfect for those who want to get some exercise and get outdoors. You will learn equipment basics, proper clothing, where to go, how to plan, trail etiquette and safety. You will take a short hike during this class.

1M. Deer Hunting Skills (10) You will learn the behavior and habitat of white-tailed deer, hunting safety, trailing a deer and hunting techniques such as antler rattling, deer calls and deer scents.

1N. Backcountry Cooking (12) You can enjoy a great meal away from the conveniences of home. Whether you are new to backcountry cooking or you want to expand beyond GORP and freeze-dried food, you will learn to use grocery store foods to make economical meals that will satisfy everyone's appetite. This class is also suitable for canoe campers and anyone who likes to eat well while "roughing it."

6:00 – 9:00 pm Dinner and Evening Programs

Saturday, June 28

7:00 am Breakfast

8:00-11:30 am SESSION 2

2A. Beginning Shotgun (12) This course will give those with little or no experience the skills to safely and correctly handle and shoot shotguns. The instruction will concentrate on gun mounting, sight alignment and pointing skills. You will shoot at stationary and moving clay targets.

2B. Basic Map and Compass (12) You will learn the "language" of map reading and will develop an understanding of the function and mechanics of compass use. Combining these two skills, you will develop the confidence needed to follow established trails and footpaths, navigate waterways, and strike out independently on off-trail trips.

2C. Beginning Fly Casting (12) You will learn how to cast, tie knots, and select equipment and flies. *This course is a prerequisite for anyone wishing to take course 4C (On-Water Fly Fishing).*

2D. Kayaking (18) Repeat of 1D. *This course is a prerequisite for anyone wishing to take course 4D (Next Step Kayaking).*

2E. Birding Basics (15) Have you often wondered what that bird singing in your yard is? This course will help you identify common birds by sight and song and learn about their secretive lives. Get an overview of bird traits indoors and then take an easy hike to learn field techniques.

2F. Trailer Handling (6) Do you want to be independent and confident enough to trailer a boat, ATV, snowmobile or camper on your own? Learn towing safety, maintenance and the art of backing up trailers. Most class time will be hands-on experience behind the wheel. A valid driver's license is required.

2G. Field Dressing Game (15) That great game dinner doesn't start in the kitchen; it starts in the field. Learn how and when an animal should be gutted, cleaned, cooled and prepared for the freezer. These preparations will help ensure a great meal later. *You will get hands-on experience field dressing (gutting and skinning) animals in this class.*

2H. Canning Food (12) Preserving your own food is a great way to enjoy fruits, vegetables, jams, sauces, and other goodies throughout the year whether your bounty comes from your garden, a farmer's market or a good deal at the store. Canning puts you in control of the contents (no preservatives), stocks your pantry, and supports recycling by re-using canning jars. You will learn both pressure canning and hot water bath canning.

2I. Beginning Canoeing (12) Repeat of 1I.

2J. Beginning Archery (12) You will learn how to select and use bows, arrows, and other archery equipment. There will be a range set up where you can try different archery equipment. *This course is a prerequisite for anyone wishing to take course 4G (Bowhunting).*

2K. Turkey Hunting (16) This course is for women who have never gone turkey hunting before and for those who have done some turkey hunting and want to learn new tricks and tips. You will learn basic biology and behavior of the wild turkey, preparation for the hunt, hunting tactics, hunting safety, and ethics.

2L. Backpack Camping Basics (10) You will learn low impact, backpack camping skills. The course will cover selecting light-weight backpacking equipment, setting up a site, using small portable stoves, and other wilderness camping skills.

2M. Chainsaw Operation (10) Learn to safely operate and use a chainsaw and buck logs. Bucking is cutting a felled and delimbed tree into firewood size bolts. You will not learn how to cut down a standing tree.

2N. Family Camping –Planning for Success (10) Plan a family tent camping vacation that is fun and affordable. Many NYS campgrounds have running water, showers and flush toilets so they are great for family camping. Identify basic equipment to fit your needs and how to find it or shop for it. Create a reusable checklist, plan meals for packing efficiency and learn how to be prepared for inclement weather!

2O. Wild Edibles (15) Walking around the FLCC property, you will learn to identify wild edible plants and how to gather them in a sustainable manner. Take some back to the kitchen and prepare something tasty like a wild salad, pesto or soup depending on what is found.

2P. Nature Crafts (12) Learn to transform nature's bounty into treasures. Using basic tools and common natural items, you will make an easy project (or two) that will always remind you of your experience at BOW. This is an indoor class.

Noon Lunch

1:30-5:00 pm SESSION 3

3A. Beginning Shotgun (12) Repeat of 2A.

3B. Basic Map and Compass (12) Repeat of 2B.

3C. Lake Fishing + (12) You will learn about lures and baits and fish on the lake. This is a NYSDEC free fishing weekend so you do not need to purchase a fishing license for this class. *Prerequisite: course 1B (Basic Fishing Skills) or fishing experience.*

3D. Emergency! (16) This class will help you prepare for unexpected natural disasters and other emergencies. Create an emergency plan and learn what goes into an emergency preparedness kit. Practice using commonly available emergency items. When the time comes, be it flood, wild fire, blizzard or hurricane, you are on your way to keeping you and your family safe and secure.

3E. Personal Safety (15) Gain personal awareness and confidence whether you are walking in the woods or walking the streets of a big city. Learn practical techniques to develop your own personal safety strategy in various environments. The focus will be on keeping you safe while enjoying the outdoors, but these skills and techniques are easily applied to everyday life. This is not a self-defense class.

3F. Beginning Crossbow (12) You will learn all aspects of crossbow use including the history, myths and safe use of a crossbow. A range will be set up where you can try different types of crossbows while shooting at a variety of targets.

3G. Camp Cooking in a Box (8) Learn how, with some planning and prepping at home, you can serve delicious meals at your campsite. Learn to cook and bake a 4-course meal (appetizer, salad, main course, dessert) using a propane camp stove and a cardboard box.

3H. Canning Food (12) Repeat of 2H.

3I. Basic GPS (Global Positioning System) (6) A GPS unit can be a valuable tool as well as a lot of fun. Take this class if you have little or no experience with a personal, hand-held GPS. Starting in the classroom, you will learn about GPS, how it works and how to use a GPS unit. Then head outdoors on a GPS adventure putting your new skills to use with a Geocaching "treasure hunt." You must use the GPS units provided to you. This is not a car GPS class.

3J. Beginning Trapping (10) You will learn about NY's furbearers and fur trapping. You will also learn how to trap nuisance animals in and around the garden and home.

3K. Wild Mushrooms: Foraging and Appreciation (15) Learn the basics of wild mushroom identification, ecology, and enjoyment through discussion, identification characteristics, and field exercises. Emphasis will be placed on safety and the proper identification of edible wild mushrooms. Some class time will be spent on preserving and cooking mushrooms.

3L. Hit The Trail (10) Hiking is great for the body and mind! Most of the class time will be spent taking a moderate hike with few rest stops. The hike could be physically demanding and not for those with pre-existing conditions such as bad knees or weak ankles.

3M. Chainsaw Operation (10) Repeat of 2M.

3N. Tree Identification (15) Did you know there are more than 50 species of native trees in NY? To fully appreciate the vast forested landscape you must get to know the different species that live here. This course will cover the major groups of forest trees, their preferred habitats and how to use a "key" to identify individual species. You will learn to "see the forest for the trees!"

6:00 – 9:00 pm Dinner and Evening Programs

Sunday, June 29

7:00 am Breakfast

8:00-11:30 am SESSION 4

4A. Beginning Rifle (12) Repeat of 1A.

4B. Wilderness First Aid (10) If you plan to spend time outdoors you need to be prepared to safeguard yourself and others in your group. This basic first aid training will include assessment, muscle, joint and soft tissue injuries, heat and cold related emergencies, bandaging, splinting, and a variety of other topics with some hands-on practice. No previous first aid experience is required. This is not a certification course.

4C. On-Water Fly Fishing + (12) You will learn how to select flies, read water and practice casting before going fishing. This is a NYSDEC free fishing weekend so you do not need to purchase a fishing license for this class. *Prerequisite: course 2C (Beginning Fly Casting).*

4D. Next Step Kayaking + (12) Building on the skills you learned in the beginning kayaking class, you will now head out away from the protected water. You will learn new skills on the open lake where you might experience conditions such as wind, waves and choppy water. *Prerequisite: course 1D or 2D (Kayaking) or significant kayaking experience.*

4E. Hunter Education + (10) Those seeking a Hunter Education Certificate must take this class. This class will cover hunting ethics, firearms safety and hunting safety and will conclude with the hunter education course exam. *You must also complete additional requirements-see hunter education insert.*

4F. Wildflower Identification (12) Develop a more intimate relationship with nature during your hikes by learning the names of the wildflowers and other plants you observe along the way. Learn plant anatomy and how to use field guides and plant "keys" then go for a walk outdoors to identify the plants you find.

4G. Bowhunting + (8) After a review of archery equipment and shooting techniques, you will learn stand selection, deer scouting methods and bowhunting techniques. A range will be set up for hands-on experience. *Prerequisite: course 2J (Beginning Archery) or you must be an experienced archer to take this class.*

4H. Transforming Dairy (15) Cow's milk can be transformed into many tasty things. In this class, you will learn some simple ways to work with dairy. Transform cream into butter, butter into ghee and milk into yogurt and soft cheese like ricotta and panner. You will get to taste test the transformed dairy.

4I. Basic GPS (Global Positioning System) (6) Repeat of 3I.

4J. Reading the Woods (15) Most of this class time will be spent outdoors looking for tracks, scat and other signs of animal activity. We may find a lot of sign or very little. *Class 1F (Reading Wildlife Sign – Classroom) is not required but can help you know what and where to look for sign outdoors. There will be significant off trail hiking through thick brush.*

4K. Beginning Muzzleloading (5) Muzzleloading firearms are an integral part of U.S. history from the early pioneers, explorers and trappers to mountain men and soldiers in the Revolutionary and Civil Wars. But muzzleloaders are not just for history buffs! You can hunt with a muzzleloader. Learn safety and the fundamentals of using black powder with plenty of opportunity to load and fire these interesting firearms.

4L. Backpack Camping Basics (10) Repeat of 2L.

4M. Knots (8) It's time to tie up a tarp, hang the bear bag or tie a canoe on top of the car. Do you know which knot to use? Do you know how to tie the knot? This class will take the mystery out of knots. Learn various knots, how to tie them and when to use each knot. Fun, hands-on activities will help reinforce newly-learned knot tying skills. Added bonus - the class will also include an intro to making cordage (rope) from natural fibers.

4N. Dutch Oven Cooking (10) Cast-iron cooking pots are as versatile as they are fun. Discover a new way to cook everything from lasagna to cake outside in your backyard, at the beach or at camp.

4O. Needle Felting (10) Also called dry felting, needle felting is a relatively new art form. Using a barbed needle you will transform natural wool into an appliqué and a small three dimensional sculpture.

4P. Splash (18) Would you know what to do if you suddenly fell into a cold stream or a deep lake? Learn to save yourself and help others in a water emergency. Learn water hazards, self rescue and assist techniques, properly fit PFDs and more. Past participants say this class should be mandatory for everyone who spends time near or on the water! You will go into the water to learn hands-on techniques.

Noon Lunch and Goodbyes

Thank you to the following for their support of the New York State Becoming an Outdoors-Woman program:

Adirondack Foothills Guide Service
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Rocky Mountain Elk Foundation
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